Section III.

Worksite and Community-based Programs

Scope

The Military Health System can have a significant positive effect on population health through worksite and community-based programs. The scope of interventions that can be implemented in worksite and community-based venues is very broad. Programs to reduce unhealthy behaviors, protect against exposure to toxins, and conduct disease and injury surveillance may be part of occupational health activities at worksites. Environmental health services, school-based physical activity and nutrition programs, and media campaigns to promote healthy lifestyles are examples of community-based programs organized by public health, community health, and private agencies. Worksite and community-based programs for population health improvement should address areas of health promotion and protection (including environmental health), disease and injury prevention and screening, and public health surveillance.

This edition of the Population Health Improvement Plan and Guide does not describe the depth and breadth of MHS worksite and community-based programs or provide specific guidance for developing and implementing such programs. Some examples of specific interventions, in a few key areas, are outlined to increase momentum for building capacity in worksite and community-based programs across the MHS. Resources for information about many of the existing worksite and community-based programs in the three Services are provided as well.

Examples of Interventions

Changing risky behaviors

- School-based physical activity programs for all age groups
- Physical activity programs for 65 years old and older adults
- Initiatives addressing availability of safe recreation and fitness sites (e.g., parks, trails, fitness centers)
- Community-wide nutrition education programs in schools, restaurants, shopping sites
- Traffic safety programs
- Tobacco use prevention and cessation programs

Reducing specific conditions, diseases, injuries and impairments

- Community-baseed programs providing age-specific clinical screening, counseling and immunizations
- Community support programs for mentally disabled, physically disabled, disadvantaged, older adults, and those with chronic or disabling conditions

To reduce smoking related illness requires a portfolio of measures that prevent initiation of smoking, promote smoking cessation and protect non-smokers from harmful tobacco smoke. Recent emphasis has been placed on the importance of effective worksite and community-based programs to reduce smoking. Worksite policies that limit where smoking is allowed contribute to the negative image of smoking and protect non-smokers from exposure to environmental tobacco smoke. Employer-sponsored policies and programs can provide incentives to smokers who successfully quit smoking. Community laws and enforcement programs can restrict access to cigarettes by youth. School-based and faith-based education programs help teach children how to resist the temptation to experiment with cigarettes. Media campaigns effectively counter tobacco marketing and tobacco taxes can increase the price of cigarettes to reduce tobacco consumption.
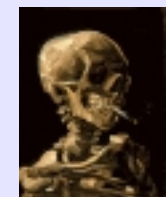
Finally, worksite and community-based programs can help connect smokers with clinical services to assist with smoking cessation. (Task Force on Community

- Unintentional injury prevention programs (e.g., motor vehicle accidents, falls, drowning, fire, poisoning, head and spinal cord injuries)
- Drug and alcohol treatment programs
- Tobacco use prevention and cessation programs
- Chronic disease prevention and screening programs (e.g., cancer, heart disease, and diabetes)
- Family planning
- Maternal and infant health
- Oral health (dental and periodontal)
- Societal health issues associated with school drop-outs, homicides, suicides, physical and mental abuse, violence in the schools
- Occupational safety and health programs

Addressing environmental and ecosystem challenges

- Water borne and food borne illnesses
- Air pollutants (e.g., environmental tobacco smoke)
- Toxic agents
- Solid-waste contamination
- Recycling programs

Reference

Task Force on Community Preventive Services. 2001. Recommendations regarding interventions to reduce tobacco use and exposure to environmental tobacco smoke. *American Journal of Preventive Medicine* 20(2S):10-15. The Task Force on Community Preventive Services reports on tobacco can be accessed at http://www.thecommunityguide.org/home_f.html.

Service Resources

Health Promotion

Army: http://chppm-www.apgea.army.mil/dhpw
Navy: http://www-nehc.med.navy.mil/hp/index.htm
Air Force: https://www.afms.mil/op_prev/hlthprom.cfm

Environmental Health

Army: http://chppm-www.apgea.army.mil/services/dehedir.htm
Navy: http://www-nehc.med.navy.mil/ep/index.htm
Air Force: https://www.afms.mil/occ_env/indexnew.htm
DoD: http://www.denix.osd.mil/denix/welcome.html

Occupational Health

Army: http://chppm-www.apgea.army.mil/services/dohsdir.htm
Navy: http://www-nehc.med.navy.mil/occmed/index.htm
Air Force: https://www.afms.mil/occ_env/indexnew.htm

Community Health

Air Force: https://www.afms.mil/occ_env/indexnew.htm